

# July 2020

DONATE

## **mnADOPT** **Insider**

### Featured this Month:

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- Upcoming Events: 30% off live webinar in July!
- Resource Corner: Summer Activities!
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- Share your Story



## Who is MN ADOPT?

Check back monthly to learn a little more about us and our organization!



### Meet Heather!

#### What is your role at MN ADOPT?

I'm the HELP Program Manager.

#### How long have you been at MN ADOPT?

I've been at MN ADOPT for 7 years now.

#### What do you like to do for fun when you are not working?

Outside of work I love long walks, summer patio dining, live music, playing with my dog, road trips and camping with my family.

# Program Highlight



[Get Started](#)



Webinar:  
Reliable Paths to Regulation

# July 23, 2020

Children and adolescents with histories of developmental trauma often experience disruptions in the development of healthy regulation and attachment. This can have a profound impact on their ability to be in healthy relationship with others, including parents, caregivers, and clinicians. During our time together we'll explore how Sensory Motor Arousal Regulation Treatment (SMART), a therapeutic approach that engages the whole child, mind and body, supports regulation, the safe processing of trauma, and builds attachment. This bottom-up approach utilizes a variety of therapeutic equipment such as exercise balls, large cushions and crash pads, and weighted blankets to support children in regulating their bodies and emotions, and can easily be adapted for the home environment. We'll share stories from our work with children and families, and we'll discuss the ways in which a child may already be showing you what their body needs to support greater regulation and connection. We'll offer tools for home and/or a therapeutic office space that can immediately be put to use!

## ENJOY 30% OFF

Be sure to enter code  
**StarsStripes** at checkout to save!

[Register Now](#)



**Amie Summers, LGSW, SEP** is a Somatic Experiencing Practitioner trained in Sensory Motor Arousal Regulation Treatment (SMART) through Dr. Bessel van der Kolk's Trauma Center. In her private psychotherapy practice she has the honor of witnessing kids and teens, many of whom are from "hard places," transform and re-discover their "awesome" through the support of a variety of modalities, including somatic work and therapeutic play.



**Mariah Rooney, LICSW, RYT**, is a clinical social worker and specializes in treating the complex challenges that arise as a result of traumatic stress, attachment trauma, intergenerational trauma, and dissociation. Her clinical experience includes work with children, adolescents and adults in outpatient, community, hospital and specialty care settings. She was a fellow at the Trauma Center in Boston, MA where she received extensive training in treating individuals and families of all ages with histories of complex trauma. Mariah is deeply committed to examining the intersections of social justice, trauma and mental health and participating in efforts to decolonize mental healthcare and increase access to anti-oppressive healing spaces.

[Register or Learn More Here](#)



A MN ADOPT Podcast

## Like Podcasts?

Listen to Amie & Mariah on our podcast "Let's Talk"!

Episode 6 featuring Mariah: ***Finding Compassion and Space for children and caregivers during COVID-19***

Episode 7 featuring Amie: ***Sensory Interventions to assist children in achieving greater regulation***

[Listen in](#)

# Resource Corner

## Summer Fun during COVID-19

While Coronavirus has drastically changed plans for many kids and families, the warm weather still offers many opportunities to get outside and have fun while practicing social distancing. Below are a few resources that may be useful as you look for ways to create family memories and unique experiences this summer.



## Minnesota Department of Natural Resources

Summer activity guide with detailed information about what is open and how to participate in activities safely.

[Click for Activity Guide](#)

## Como Zoo

Although the main part of the zoo is closed, below are opportunities for families to engage with events and activities.



- Digital Legacy Learning – Online learning opportunities and daily zookeeper talks through Facebook Live.
- Marjorie McNeely Conservatory open by appointment.
- Camp-In-A-Box (\$100 fee, delivered to your home)
- Virtual Pollinator Exhibit

[Learn More](#)



## Minnesota Zoo

Find what the MN Zoo offers for ideas & tips for outdoor activities & connecting with nature.

[Ideas & Tips](#)

## Children & Nature Network

More outdoor activities to help connect your family to nature.



[Visit our website](#)

# Community Connections



Children's  
Home Society  
of Minnesota



Lutheran  
Social Service  
of Minnesota

Foster Care  
Adoption  
Education Classes



## A two-day training for Minnesota families interested in adopting from Minnesota Foster Care

This is one of the first steps for all families planning to adopt from Minnesota foster care, **regardless of the agency or county you plan to adopt through.**

These classes will familiarize you with the children waiting to be adopted, the needs they commonly have, and the adoption process. You will also have the opportunity to listen to panels of adoptive parents and waiting or adopted teens.

Topics covered include: overview of the child welfare system, impact of



prenatal drug/alcohol exposure, grief, loss and separation, trauma, abuse and neglect, mental health needs, attachment, cross-cultural and transracial parenting, permanency needs of older youth, concurrent planning, experiences of foster parents, experiences of birth parents, visitation and maintaining connections.

[Find your next class](#)



Telling your story is a powerful way to help others understand the importance of adopting from foster care and the needs of adoptive families. We are very much interested in hearing from those who have the following experiences:

- Families who have adopted from foster care.
- Individuals adopted from foster care.
- Individuals who have experienced foster care without being adopted.
- Individuals or families who have benefited from the MN ADOPT HELP Program.
- Individuals or families who have benefited from educational opportunities offered by MN ADOPT.

[Tell us your story](#)

## On Race, Racism and Racial Justice

At MN ADOPT we serve diverse communities in the adoption, foster and kinship communities and know that many of the people we serve are profoundly impacted by ongoing racism in our state and country.

We are actively assessing the ways that MN ADOPT has not been intentionally invested in anti-racism work in the past and we are committed to changing our practices and policies to better reflect our stance as an anti-racist agency.

**Beginning next month, we will be adding a section to our Insider that will feature resources highlighting experiences of our communities of color and specifically elevating resources and voices related to the Black experience.** We are adding this section to better reflect our organization's stance and commitment to dismantling racism.

We recognize that some resources we share may be uncomfortable however we believe it is imperative that we listen deeply to the experiences of our Black communities and we are committed to doing this in a respectful and thoughtful way.



// CONNECT WITH US //

